

WORKS FOR CHILD MUST KEEP WELL

Mothers in a Like Situation
Should Read This Letter
from Mrs. Enrico

Chicago, Illinois.—"I took Lydia E. Pinkham's Vegetable Compound for a serious trouble. I had tried doctors and all said the same—an operation. At first I only felt the pain on my left side, but later I seemed to feel it on both sides. I am a power sewing-machine operator and have a little girl to support. I work in a tailor shop and that line of work has been very slack this year and I am home part of the time. I do not like to take any chances, so I consulted my friends, and one lady said, 'Take Lydia Pinkham's medicine,' so I did. I have felt better right along and am in good enough health to go to work. I recommend your Vegetable Compound and Sanative Wash to all."—Mrs. MARY ENRICO, 459 N. Carpenter St., Chicago, Illinois.

Often the mother is obliged to support her children and good health is necessary. Lydia E. Pinkham's Vegetable Compound is just the medicine you can depend upon. It is a medicine for women's ailments and the relief it brought Mrs. Enrico it may bring to you. Keep well by taking Lydia E. Pinkham's Vegetable Compound.



POULTRY

GROUND GRAIN IS ESSENTIAL
Less Work Is Required of the Gizzard
and More Food Can Be Used
for Flesh and Eggs.

(Prepared by the United States Department
of Agriculture.)

A mash composed of ground grains or their by-products and some form of animal protein is an essential part of a ration for both growing chickens and laying hens. The reason is that birds



Feeding Grain to the Farm Flock.

putting on growth or producing eggs cannot assimilate enough nutriment from whole or cracked grains to supply the maximum need. When the grain is ground, little work is required of the gizzard, and much more of the feed can be used in making flesh or eggs.

The scratch grain part of the ration, however, is needed to give the gizzard something to do in order to keep the birds in health. For laying hens the scratch grain thrown in the litter provides an incentive to needed exercise.

It was once thought that the mash should be fed wet to produce the best results, but experiments have proved that in spite of the slightly better palatability of the wet feed, the convenience of feeding it dry overbalances any slight gain in production. Feeding it dry is now the usual method. Digestibility is not increased by wetting.

The principal objection to the wet mash is that it requires too much labor. It must be moistened, then carried to the hens once a day, and the troughs must be cleaned after each feeding. Cleanliness is absolutely essential, because indigestion and diarrhea will result from feeding in dirty troughs. On the other hand, the dry mash hopper may be filled once a week or even less frequently, and needs no further attention. Hens do not overeat of dry mash as they sometimes do of wet feed.

PROPER SIZE OF HEN FLOCK

Number Which Can Be Kept Most Efficiently Will Depend Upon Space Available.

The size of the flock which can be kept most efficiently will depend upon the space available and upon the amount of table scraps and other waste available for feed. It is a mistake to overstock your land, says the United States Department of Agriculture. Better results will be obtained from a few hens in a small yard than from a large number. The back-yard flock rarely should consist of more than 20 or 25 hens, and often of not more than eight or ten. For 20 or 25 hens you should have a yard 25 by 30 feet in size.



POULTRY NOTES

A constant supply of broken charcoal makes a good digestive regulator.

Don't keep meat scraps in a warm, moist place.

The best medicine for poultry of any age is good care.

The floor of the poultry house should be dry. It should always be well bedded with straw.

A platform under the roosts keeps the floor clean and increases the capacity of the house.

When selecting breeding cockerels, choose the birds that matured early and show bright intelligent heads with short bills.

Look out also for moldy wheat or grain mash of any kind left in the bottom of the hopper. This will quietly kill

Tanlac Put Him Back on Job, Says Davis

"I've never been much of a hand at praising medicines, but I can certainly say something good for Tanlac," said Geo. Davis, 110 Naglee St., San Francisco, Calif.

"I had a bad case of ptomaine poisoning and it came pretty near laying me out altogether. For three months I was in an awful condition and suffering constantly from diarrhea. I became weak all over and was going from bad to worse. I tried everything I knew of, but it was beginning to look like nothing would ever reach my case.

"Then, a friend of mine recommended Tanlac to me. And it's a fact, four bottles have made a clean sweep of my troubles and built me up to where I feel like a new man. I am working every day now and when it comes to recommending Tanlac I can't put it too strong."

Tanlac is sold by all good druggists.—Advertisement.

Too Quick for Him.

A country merchant was in his store when a little boy came in and the following conversation ensued:

"Boy, what is your name?"

"My name is Ephum, suh."

"Well, Ephraim, what is your daddy's name?"

"Ah ain't got no daddy."

"Is your daddy dead?"

"Naw, suh, Ah ain't never had no daddy."

"What is your mammy's name?"

"Ah ain't got no mammy."

"Why, is she dead?"

"Naw, suh, Ah ain't never had no mammy."

"Well, if you never had a mammy and daddy, how did you get here?"

"Ah dunno, suh. Fust time Ah knowed anything Ah was here."—Judge.

Truly Wonderful

An airplane was flying over the countryside and the pilot was indulging in a little stunting. Absent-mindedly he looped the loop, quite forgetting that he had on board a parcel containing a pair of boots.

Naturally they dropped out and landed just in front of an old woman in a cottage garden.

The package burst open and out rolled the boots, much to her astonishment.

Picking them up, she hobbled indoors and called out to her husband:

"Ere you are, Garge! They boots you ordered 'ave come. What a wonderful thing this wireless is! I thought I 'eard the buzz of 'em coming through the air."—London Tit-Bits.

Delicate Instruments.

An English scientist has perfected a wireless receiving set containing instruments so fine that they are affected by waves less than half an inch in length—the smallest wave used ordinarily being about 200 yards long.

The Only Sure Way.

"Why not go to the races?" "What for?" "To pick up a little change." "I'm not a pickpocket."

If some men were half as big as they think they are this world would be overcrowded.



SAY "BAYER" when you buy. Insist!

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer product prescribed by physicians over 23 years and proved safe by millions for



Colds Headache
Toothache Rheumatism
Neuritis Lumbago
Neuralgia Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocetlic Acid of Salicylic Acid

SALLIE'S ADVICE WAS GOOD

Pekinese Dog Was Due for Rude Awakening If He Went Too Far With That Cat.

As a present to their first baby Maj. Henry Vaughan and Mrs. Vaughan, who moved to New York from Spartanburg, S. C., were given a fancy-bred Pekinese dog. They moved out to the country for the summer, and sent for Sallie, the old negro cook, to come up and look after the baby and Ming Toy, the dog.

Ming Toy had never seen a cat before. So, when a big tomcat came to the back porch Ming Toy, in the strongest bark he knew, promptly bayed the cat, showing great bravery for such a foolish-looking dog. Sallie looked out the back door.

"Ming Toy," she advised, "lemme tell you sump'n. You'd better quit yore projerkin' wid dat tomcat. Fust thing you know, 'at cat's gwine to git mad and 'at ain't gwine to be no place for no dog laik you. Ef'n 'at ole cat gits started he's gwine turn you ever' way—but loose!"—Saturday Evening Post.

A Possible Solution.

Mrs. A. (dejectedly)—Our cook's given notice, Richard. She says the kitchen isn't large enough to turn around in.

Mr. A.—Confound it! I wonder if she'll stay if I install a turntable.—Boston Evening Transcript.

Work is of no advantage to one who has lost the power to enjoy the fruits of work.

Most of our joys as well as our sorrows are due to ignorance.

POISONED GLUE FOR BIBLES

Particular Protection Necessary for Books Intended for Circulation in the Gilbert Islands.

Not only must Bibles be attractively bound and well printed, but some of them must be perfumed, peppered and poisoned as well. Bibles going to the Gilbert Islands contain in the binding glue and the paste which fastens the cover a mixture of oil of cloves, cayenne pepper and corrosive sublimate.

This is to ward off a certain worm, peculiar to these islands, which destroys the bindings of books. Twelve hundred such Bibles have been sent recently by the United States Bible society on their 15,000-mile journey to Ocean Island by way of Sydney, Australia. Rev. D. Hiram Bingham, the famous missionary translator, gave his life to the preparation of the Bible in the Gilbertese language.

Sounds Like a Newlywed.

When we were first married my husband worked on Sunday mornings before breakfast. One Sunday I called up his shop as usual to tell him breakfast was ready.

When some one answered the phone I said: "Would you like to have pancakes this morning, dearie?"

The voice at the other end of the line answered: "I suppose you are Jack's wife. I'm here helping him, so I'll be down to help him with the pancakes."

It has been hard for me to live down that invitation.—Exchange.

No woman is satisfied with herself until she has put it all over her neighbor in some way.

Do you hear the clock strike the night hours?

HOW often you have heard people say, "I can't drink coffee; it keeps me awake nights!" They've learned from experience; have you?

If you are a coffee drinker and fail to get sound restful sleep, it means that your nerves are over-stimulated and that health needs protection from coffee's drug, caffeine.

There's no sacrifice in making health safe, as so many thousands have found who have turned from coffee to Postum. It has a delightful coffee-like flavor, and is free from any element that can harm you. As many cups as you like, and no regrets.

Your grocer has Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.



The two forms of Postum are equally delicious; and the cost is only about 1/2c per cup.

Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

Coated Tongue
Nature's Warning of Constipation
When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
A LUBRICANT—NOT A LAXATIVE

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

**LATHROP'S
GOLD MEDAL
HAARLEM OIL
CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation.

COCKROACHES WATER BUGS ANTS



EASILY KILLED BY USING
STEARNS' ELECTRIC PASTE
It also kills rats and mice. It forces these pests to run from building for water and fresh air. A 35c box contains enough to kill 50 to 100 rats or mice. Get it from your drug or general store dealer today. READY FOR USE—BETTER THAN TRAPS

IF YOUR VETERINARIAN

Uses "Cutter's" Serums and Vaccines he is doing his best to conserve your interests. 25 years concentration on one line count for something.

The Cutter Laboratory
"The Laboratory that Knows How"

Berkeley (U.S. License) California

After.
First Gentleman—"Did you get home last night before the storm?" Second Gentleman—"That was when it started."

Men who pretend to understand women are only pretenders.

Refreshes Weary Eyes
When Your Eyes feel Dull and Heavy, use Murine. It Instantly Relieves that Tired Feeling—Makes them Clear, Bright and Sparkling. Harmless, Sold and Recommended by All Druggists.

MURINE
for your EYES